

Due to the COVID-19
Pandemic a lot is
changing, please call
before heading to a
food distribution center
for the most up to date
information.



A GUIDE TO FREE FOOD PROGRAMS IN SHERWOOD, TIGARD & TUALATIN



Oregon Food Bank's goal is to ensure that people have equitable access to the type of food assistance they need, when and where they need it.

All of our community-based programs are run by community partners and their volunteers. Our programs are free and open to the general public.

FREE MEALS

NUTRITIOUS MEALS OFFERED IN A WARM WELCOMING PLACE.
NO PROOF OF ADDRESS REQUIRED.

FREE GROCERIES

AT OUR FOOD PANTRIES YOU WILL RECEIVE A 3 TO 5 DAY SUPPLY OF GROCERIES. SOME PANTRIES HAVE BOUNDARIES AND WILL REQUIRE A PROOF OF ADDRESS SUCH AS AN ID OR A UTILITY BILL.

COMMUNITY BASKET

YOU WILL RECEIVE APPROXIMATELY 50 POUNDS OF HEALTHY FOODS FOR YOUR HOUSEHOLD – WITH A FOCUS ON FRESH PRODUCE AND A VARIETY OF PANTRY STAPLES LIKE EGGS, BEANS, WHOLE GRAINS, MILK AND VEGETABLE OIL.

FREE PRODUCE

HARVEST SHARE

YOU CAN SELECT THE PRODUCE YOU WANT FROM AN ASSORTMENT OF OPTIONS IN A FARMER'S MARKET SETTING. FOOD IS DISTRIBUTED ON A FIRST COME FIRST SERVED BASIS. PLEASE BRING YOUR OWN BAGS.
NO PROOF OF ADDRESS REQUIRED.

The agencies we partner with are independent nonprofits. It's always best to call before visiting a site to make sure that you qualify for their services.

FOOD DELIVERY

If you are a senior or disabled and you need food delivered please call:

Saint Vincent de Paul: 503-235-8431

Meals on Wheels: 503-736-6325

Care to Share: 503-591-9025 (Beaverton, Aloha, and West Portland)

Oregon Food Bank

***welcomes your religion, sexual orientation, immigration status,
race, ethnicity, gender, and abilities.***



FREE GROCERIES

Sherwood, Tigard & Tualatin



Agencies	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Helping Hands at Sherwood United Methodist Church 22280 SW Washington St. Sherwood, OR 97140 (503) 625-7975							3rd of the month: 9:30 am - 11:30 am
<i>Area Served: All. Call incase of emergency situation.</i>							
Portland Vineyard Church at King's Kindness Ministries 14460 SW 114th Avenue Tigard, OR 97224 (503) 684-8225					12:00 pm - 3:00 pm		
<i>Area Served: All. Shopping Style Pantry.</i>							
Saint Francis Church 15659 SW Oregon Street Sherwood, OR 97140 (503) 625-7067				9:00 am - 11:00 am & 5:00 pm - 7:00 pm	9:00 am - 11:00 am		
<i>Area Served: All. Shopping Style Pantry.</i>							
Saint Vincent de Paul St. Anthony Church 12630 SW Grant Avenue Tigard, OR 97223 (503) 684-8280		12:00 pm - 2:30 pm	12:00 pm - 2:30 pm	1:00 pm - 3:00 pm	12:00 pm - 2:30 pm & 4:30 pm - 6:30 pm	12:00 pm - 2:30 pm	10:00 am - 12:00 pm
<i>Area Served: Zip Codes 97223 & 97224. Shopping Style Pantry.</i>							
Tigard Covenant Church Barb's Pantry 11321 SW Naeve Street Tigard, OR 97224 (503) 639-3084			10:00 am - 12:00 pm				
<i>Area Served: Zip Codes 97223, 97224 & 97062.</i>							
Tigard United Methodist Church at Bethlehem House Of Bread 9055 SW Locust Tigard, OR 97223 (503) 639-3181	1:00 pm - 3:00 pm				1:00 pm - 3:00 pm		
<i>Area Served: All. Shopping Style Pantry.</i>							
Tualatin School House Pantry 3550 SW Borland Road Tualatin, OR 97062 (503) 783-0721		3:00 pm - 7:30 pm		10:00 am - 3:00 pm	4:30 pm - 7:30 pm	10:00 am - 1:00 pm	
<i>Area Served: Durham, Lake Oswego, Tualatin & West Linn. Shopping Style Pantry.</i>							
Willowbrook Food Pantry 19200 SW Edy Road Sherwood, OR 97140 (971) 832-1688			4:00 pm - 6:00 pm				9:00 am - 11:00 am
<i>Area Served: All. Shopping Style Pantry.</i>							

For more information: www.oregonfoodbank.org/Find-Help/Food-Finder

503-282-0555

Oregon Food Bank is an equal opportunity provider.